

OASIS COUNSELLING CENTRE PRESENTS


(MYC0ID: 202103152283)

# HOW TO EFFECTIVELY MANAGE ANXIETY IN THE WORKPLACE


(TRAINING PROGRAMME ID: 10001283195)

Using Cognitive-Behavioral Therapy (CBT) to teach you simple strategies to help lower overall anxiety in the workplace and help you stay calm, focused, and productive.

## DETAILS:

 **Oasis Counselling Centre**  
45-A, Jalan Merdeka, Taman Melaka Raya,  
75000, Melaka

## TO REGISTER:

 Daryl Tan @ 0142274785  
Karen Chan @ 0135457491

**\*\*IN-HOUSE SESSIONS AVAILABLE\*\***

## Program Modules

- Understanding Anxiety
- Integrating Exposure and Desensitization
- Introducing Cognitive Therapy
- Developing Cognitive Therapy Skills
- Examining Cognitive Distortions
- Establishing Relaxation Strategies
- Constructing Personal Anxiety Management Plan
- Improving Problem Solving and Acceptance

## About the Trainer

Mr Daryl Tan is a **registered and licensed counsellor** (K.B.: 09693 ; P.A.: 09319) as the **Managing Director and Lead Counsellor at Oasis Counselling Centre**. He is also a **HRD Certified Trainer** (Training ID: 10001101784), focusing primary on conducting interactive training seminars focused on improving emotion management to increase overall productivity in the workplace. He is currently pursuing a **PHD in Psychology** focused on studying the effectiveness of Cognitive Behaviour Therapy (CBT). With several years of experience working with young people through profession of being the coordinator of a department focused on forming young quality leaders through **organizing seminars and workshops, one to one coaching and developing long term engagement strategies**, he also has experience in lecturing university students through current teaching position.



**DARYL TAN**  
(K.B.;P.A.)

(TRAINING ID: 10001101784)

RM1200  
pax



## INTERACTIVE PROGRAM

- Innovate exercises & games
- Lectures & creative training styles
- Group discussion & feedback sessions
- Video clips & role play
- Individual & group discussions
- Hands-on practical sessions

## TARGET GROUP

- Hospitality Team
- Human Resource Team
- Board Members
- Team Leads
- Managers
- All those interested in learning to better manage emotions



**Program Flow****Duration: 2 days****Day 1****Trainer: Daryl Tan (K.B.;P.A.)**

Time	Activity	Duration (hr)
8.30 a.m.	Registration & Refreshments	
9.00 a.m.	Module 1 : Understanding Anxiety	1.5
10.30 a.m.	Coffee Break	
10.45 a.m.	Module 2 : Integrating Exposure and Desensitization	1.75
12.30 p.m.	Lunch	
1.30 p.m.	Module 3 : Introducing Cognitive Therapy	1.5
3.00 p.m.	Tea Break	
3.15 p.m.	Module 4 : Developing Cognitive Therapy Skills	1.75
5.00 p.m.	Q & A and Wrap Up	0.5
5.30 p.m.	End	
	<b>Total Hours (hr)</b>	<b>7</b>

**Day 2**

Time	Activity	Duration (hr)
8.30 a.m.	Registration & Refreshments	
9.00 a.m.	Module 5 : Examining Cognitive Distortions	1.5
10.30 a.m.	Coffee Break	
10.45 a.m.	Module 6 : Establishing Relaxation Strategies	1.75
12.30 p.m.	Lunch	
1.30 p.m.	Module 7 : Constructing Personal Anxiety Management Plan	1.5
3.00 p.m.	Tea Break	
3.15 p.m.	Module 8 : Improving Problem Solving and Acceptance	1.75
5.00 p.m.	Q & A and Wrap Up	0.5
5.30 p.m.	End	
	<b>Total Hours (hr)</b>	<b>7</b>